



UNDERCURRENTS

Newsletter of the Bluegrass Dive Club / www.bluegrassdiveclub.com

October 2026

Volume 56, Number 010

This Month's Meeting

Thursday, October 15, 2026
Meeting: 7:30 Social: 7:00
Roosters on Richmond Rd
Program: Local Diving Road Trip
preview - Manatees and GA
Aquarium

President's Message

By Kathryn Bowers



The days are getting shorter, the nights are getting cooler, and unless you have been living under the sea you're probably aware we in the United States are approaching election season. What you may not be as aware of is we in the Bluegrass Dive Club are also approaching election season. Our annual election of officers will take place at the November membership meeting, November 19. Please plan on trying to attend to cast your vote. If you would like to look into how our elections work and what the duties of our different officers are please refer to the club By Laws posted on our website [Bluegrass Dive Club | Bylaws](http://www.bluegrassdiveclub.com).

The responsibilities of the board are located in Article IV and broken down by each office in Article V. The procedures for elections are covered in Article VII. If you are interested in getting more involved with the club, where we go, and how we make those decisions please

consider volunteering to serve on the board. Nominations are currently open!

The Nominating Committee consists of:

- Butch Mellott, (current Vice President and Board Chair) 859-621-5160
- Mark Bell, 859-707-8287
- Cindy Kinkead, 859-396-9433

The Nominating Committee will recruit candidates and develop a slate of officers for 2027. If you are considering serving on the board next year, review the responsibilities of each office and contact a committee member. The committee will present its proposed slate to the current board at the October 22 board meeting. Once approved, the slate will be presented for a vote at the November membership meeting. You may also nominate yourself or someone else from the floor at that meeting.

Please plan to attend the November 12, 2026 Regular Club meeting for our annual elections. We require a quorum of current dues paid members in order to hold a valid election of officers for 2027.

I look forward to seeing many of you at the Next meeting October 8. 🚩



Vice President Report

By Butch Mellott



Hello to all

We have a new member to welcome this month Jason Kidd from Bowling Green. If you meet him please welcome him to the club.

Officer elections for this next year are coming up this next month, anyone interested in participating or running for an office please contact me or someone on the committee:

Mark Bell or Cindy Kinkad.

Elections will take place at the November meeting, please plan to attend. This is YOUR club and participation is rewarding.

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Thank You,
W.A. "Butch" Mellott 🚩

Trip Director Report

By Priscilla Mellott



Welcome Fall Y'all!

1/28/2027 - 1/31/2027

LOCAL DIVING ROAD TRIP (2 part road trip that can be either one OR both)
This trip begins with a road trip to Crystal River, Florida for a snorkel tour with the Manatees. The second part of the road trip takes us to Atlanta, Georgia, where we will visit the Georgia Aquarium. This is a great SCUBA experience, and something non-divers can enjoy as well.

1/29/2027: Crystal River, Florida: Snorkel with the Manatees

1/30/2027: Georgia Aquarium: Scuba with the Gentle Giants

** Please note that there has been a date change for the Georgia Aquarium due to availability. Originally scheduled for November 21st, it is now Saturday, January 30, 2027.

2/28/2027 - 3/7/2027: BONAIRE: The Plaza Resort Bonaire This resort is ALL Inclusive, has its own private beach and looks good even to us non-divers, lol. Just booked so it should be on the website very soon...

6/3/2028 - 6/10/2028: FIJI: Beq a Lagoon Resort This is a seven day trip, but because of its location the dates change because of travel....(June 1-10)

We are currently working on a trip to Belize for 2027. More information upcoming:)

Please check out all of the trips on [BGDC Upcoming Trips](#)



Secretary's Report

By David Carr



BGDC Regular meeting
09/10/2026

Board Members present: Kathryn Bowers(by Zoom), Butch Mellott, Dan Miller, Priscilla Mellott, Alex Fassas, David Carr.

Meeting called to order 7:37p by Kathryn Bowers.

Secretary David Carr Minutes read and reviewed. Approved motion by Dan and 2nd by Priscilla.

Treasurer Dan Miller

-Club checking account balance 27,445.81, On accounts 3141.16. Club account balance matches bank balance.

Trip Director Priscilla Mellott

Secretary's Report Cont.

-Cozumel trip October 24-30 with 9 travelers. One more would improve the refunds for all. Bill McGrady to be trip director.

- Fiji update. Still 30 travelers. Room consolidation remains a possibility for some and being considered. Anyone who still wants to go can get on wait list. Position on the wait list matters for inclusion.

-Pennyroyal will go off on September 18-19. Water is warm at 80-82. 3 hotels in the area honor divers with a discount. This is a good trip for snorkelers as well.

-Georgia Aquarium dates discussed previously had limited available slots for divers and times were split between morning and later in the afternoon. Looking at later dates after 1st of the year.

Bonaire February 27-March 6, 2027 at the Plaza is looking like a great deal. It is all inclusive, walking distance to town, 2 boat dives, unlimited house reef shore diving. More info to come as build progresses.

Safety Information Director Bill McGrady

-Reminded membership the importance of hydration in dive safety. Setting up for good hydration is affected by prior nights activities as well as intake just prior to diving.

-Do not neglect equipment servicing. Check manufacturers standards and err on the safe and conservative side.

-Basic pressure bandage application instruction discussed and demonstrated. Can combine compression bandage and tourniquet proximal to bleeding.

-Presented iFAK- individual first aid kit.
Vice President Butch Mellott

-Welcome Lou Hirsch, or welcome back. Lou was previously a member but had been busy with teaching responsibilities at Diventures where he is Master Instructor through both SSI and DAN.

Newsletter Scott Newby

-Submission deadline the 1st of the month but earlier is always better.

Webmaster Alex Fassas

-Turks and Caicos trip went off great with superb Aggressor staff on board. Alex met Jill and Anthony on trip. They have joined club and booked another Aggressor trip through the club.

-New trip posting to come as details solidify.

Meeting Adjourned 9:10, 🚩

From the Treasurer

By Dan Miller



Student with ID, New Diver, First Year **\$10.00**

2025 Membership Renewal **\$20.00**

Student with ID

Single & Family (1 diver)

Family (non divers)

Family (2 or more divers)

Renewal: Please send payment to the address listed below, please make sure there is a correct indication of your mailing address, phone number and it is very important to indicate an email address.

Contact / Mail to: Bluegrass Dive Club c/o
Dan Miller 824 Gunpowder Drive
Lexington, KY 40509

New Members: Visit the website to fill out an on-line form or to access a Microsoft Word printable form. [CLICK HERE](#) 🚩

Webmaster

By Alex Fassas



Tales From The Watery Web

Invitation for Music In The Woods

My neighborhood, The Woods, is hosting (in my front yard) an afternoon of music and friends.

[Music In The Woods Invitation](#)

Saturday, October 10, 2026, music begins at 4:30 – 7:30PM

Boogie G and The Titanic's will be bringing the tunes. This is an outdoor event; bring a chair and a cooler for your beverages. We will have food truck and sweet treat truck for eats and drinks.

[Frontyard of Alex Fassas & Kathryn Bowers, 602 Apricot Dr., Richmond, KY 40475](#)

Publishing Trip Pages Like It's A Job

There are no complaints from me at the fast and furious pace of your Club's Trip Director, Dive Committee and Board as to the flurry of activity with regards to new and upcoming trips. But, the patience and attention to detail that is needed to distill a trip down into a published document; that attempts to give as much detail and needed information, pre-answer the questions that would be asked and provide additional resources for members to investigate is a lot for each trip. After the 1st draft is ready, I ask for a review of the draft trip pages from a trusted group of 3 reviewers; this usually results in 2 to 3 rounds of revisions. Then your Club gets to see the new Trip Page and be able to read, dream, and sign up. Just a reminder that along with the benefits of Group Travel that we all enjoy, comes group booking contracts, clarifying details, and a lot of communications. Yes, it is easier to just book your own vacation for 1 to 4 people directly, but if you want 5 more groups of friends to join you, then that gets difficult to coordinate. And your Club's [Trip Rebate](#)

[policy](#) (see Bylaws pages 9 & 10, Article XI [Compensation](#)) is a nice perk of membership too.

Your Club's board and committees are not complaining, we knew what we were volunteering for.

Dive Accident & Travel Insurance

Your club is an affiliate partner with Divers Alert Network (DAN) and with Dive Assure. You must use our hyperlinks to begin your online purchase or renewal to benefit your club, at no additional cost to you. More information about the club's partners and links at <https://bluegrassdiveclub.com/dive-travel-insurance/>.

Do you have news or a program to share?

Your dive club has a fabulous email list with which to share news and information that would be of interest to its members and friends. If you have something to share forward it along to webmaster@bluegrassdiveclub.com or use the [Contact Us](#) web form. 🚩

Safety Information Director

By Bill "doc" McGrady



So as part of our **back to basics series**: An article on gas basics and some more "gas fundamentals" without too much science jargon-a pragmatic approach!!

One disclaimer: Something that I both love and hate about scuba diving; you can't CHEAT physics!!! Meaning, just because you don't know something, doesn't mean you don't suffer from consequences like seizures, ox-tox, bad air.... This is a reminder to review your training like now, in the Fall each year.



MAKE SURE YOU SET YOUR DIVE COMPUTER TO THE NITROX%!!!! Being off 1% is not a "big deal"...but having computer set to 28% or 30% and then you dive down and actually have 36% on your back..... You could get sick-fast.

Safety Information Cont.

The basics is that we need a certain baseline amount of oxygen for our metabolism [cellular fire]. EXTRA does us NO GOOD!!!! So extra oxygen is not going to make you prettier, smarter nor a better diver!! -lol. 8-). [I used to think I looked like Brad Pitt if I had enough Oxygen!!!! Turned out it was the Mojitos!! -lol...]

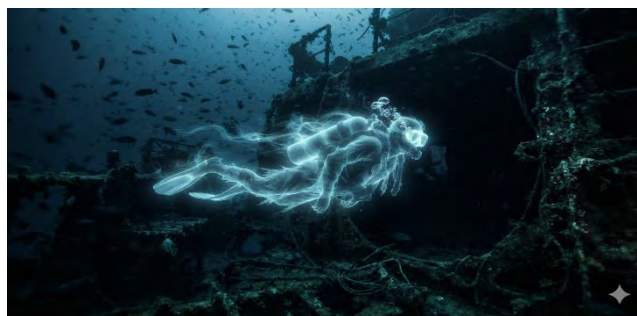
The point of EAN-Enriched Air Nitrogen.... [Nitrox] is to decrease tissue nitrogen loading.....the less nitrogen, the less getting bent!!! And that's it!! That simple. Just so happens they use extra "oxygen" to DECREASE the nitrogen. Excess Nitrogen = the bends!!! So nitrogen is THE POINT of nitrox. Nitrox= less tissue nitrogen loading over day after day of diving or allows for 4-5 sometimes even 6 dives in a day..... It allows a longer bottom time.... But not beyond the MOD- Max operating depth.

Unfortunately, too much oxygen [at pressure] is bad and causes cellular metabolism [cellular fire] to turn into Bonfire—this equals seizures, dizziness, vertigo, tinnitus, nausea vomiting in a diver with toxic levels of oxygen AT DEPTH....the answer is to quickly ascend, the lower pressure will damp down the "cellular bonfire" back to normal and is good. By the way, how much oxygen do we need....? CPR works because we breathe in 21% but blow-out 16% oxygen!! So when medics do CPR, the victim does just fine with 16%.... This is the "easy-explanation" of MOD-MAX operating depth on nitrox.

Problem with your dive computer is it generally "remembers" the last input you gave it.... I wish they would automatically "ask" for active input if not used for 3 days or longer, but they don't.... So as part of "putting on the dive computer" to wrist- especially DAY 1 of the trip, see what percentage NITROX the crew is using.... Even though it can vary +/- 2%, they will generally use the same mix for the entire week, with a goal of usually 28%, or 32% [Cozumel i believe...] or 36%.... Punch in your computer on "Shake-Down Kiddie Dive!!!!!" [Generally that first dive of the trip....]

One last issue to look for: When you first arrive, you can ask to watch and see where your operators "tank-farm" is, how they are refilling tanks..... bottom-Line Up-Front: Make sure ALL exhausts from machines, pumps, etc are vented [usually by a pipe] FAR, FAR beyond where the intake fill for your tanks is being done.... Even a tiny fraction of carbon monoxide [odorless] that is harmless at sea level—becomes dangerous at depth, easily at 60 feet and depending, even at 20-30 feet..... and a RULE is you should NEVER EVER BE ABLE TO SMELL your gas off a scuba tank...There is something DANGEROUSLY wrong if you crack a tank and can smell ANYTHING!!! That means either oil or smoke from a kitchen or exhaust valve has "contaminated" the fill supply.... I wouldn't trust ANY TANK In That batch!!!! YES, the nitrox meter will work, it will show 36% oxygen, which is correct, but it can't DETECT ANY OTHER GASES, including all the dangerous ones that kill you!!!! Now, to answer another question: Just because it you smell nothing- doesn't mean that its 100% safe to breathe!!! Carbon monoxide, some poisonous gases are just orderless, can ask any coal-miners around!!!! "Dead-Air" is odorless at times.

So a return to fundamentals- when you arrive to your live-aboard or Cozumel site, the night before, or morning of,, walk and ask to see how they fill their tanks, what is their "target" percentage and set your computer right there.... And see where the exhaust is....Once you analyze your tanks, you can input the exact percentage of YOUR DIVE TANK but this is good practice anyways as I always have to remember how to punch it in.....so I do it twice at the beginning!!! -Doc 'Grady 🚩



This could be YOU if you don't check your gas!

Can I Scuba Dive While Taking a GLP-1?

Understanding how GLP-1 medication side effects can affect diving

By [Grant Dong for Divers Alert Network](#) |
Published On March 26, 2026

In recent years, GLP-1 agonists such as semaglutide (Ozempic/Wegovy), tirzepatide (Mounjaro/Zepbound) and liraglutide (Victoza/Saxenda) have revolutionized the treatment of health conditions including diabetes and obesity.

While there has not been research published on how GLP-1 drugs affect divers specifically, it can be helpful to know how to adjust your diving around some of the known side effects—as they become more commonly prescribed, there's a higher likelihood that you or your dive buddy will be taking one of these medications.

Common Side Effects

GLP-1 medications mimic the body's natural hormones to increase insulin secretion and slow gastric muscle movement.

This means food moves through the gastrointestinal system much more slowly, allowing patients to feel full for longer. By suppressing appetite, these medications can lead to significant weight loss and are thus used to treat obesity and diabetes.

Although it makes the drugs effective, slowing down GI movement comes with many predictable side effects. The most common are gastro-related and include nausea, vomiting, diarrhea, bloating and abdominal pain.

These side effects typically occur within the first month of starting treatment and often recur within 48 hours after increasing dosage.

Some rare, potentially life-threatening side effects have also been reported with GLP-1 agonists. Talk to your doctor before starting any medication to ensure safety and effectiveness.

GI Effects for Scuba Divers

Nausea is one of the most often reported side effects of GLP-1 agonists. When combined with rocking boats, those who are already sensitive to seasickness may experience significant worsening of symptoms. And because the underlying cause of the nausea is different, typical anti-seasickness medications may not work to soothe queasiness.

The vomiting and diarrhea that sometimes accompany GLP-1 agonists can also lead to dehydration and electrolyte imbalance. This can increase the risk of cramps, fatigue and decompression sickness—especially when diving in hot, humid environments.

Thankfully, there are things we can do to manage these side effects. First, avoid diving soon after starting a GLP-1 agonist or increasing your dose. Wait until you have a good understanding of how you react to the medication before returning to the water.

Second, eat slowly and in smaller amounts than you normally would. Because food is not digested as quickly, eating too fast or too much can trigger nausea and GI upset.

Finally, drink plenty of fluids before and after dives, and avoid diving if you are experiencing vomiting or diarrhea.

As always, include the medication on your pre-dive medical questionnaire and let your buddy and the boat crew know about relevant health conditions so they can better assist in case of emergency.

Taking a Holistic Approach to Health

While the side effects of GLP-1 agonists are often manageable, it is best to consider the overall picture of your health when deciding whether to dive while taking these medications. The first step is understanding the underlying health condition you're taking the medication to treat. Doctors may prescribe GLP-1 agonists for obesity, diabetes, cardiovascular disease, metabolic liver disease and various off-label medical conditions. Each underlying issue may affect diving safety.

As an example, poorly controlled diabetes can lead to dangerously low blood sugar underwater (see the Underwater Wellness column in our December issue for tips on diving with diabetes). Thus, it is important to talk to your doctor about other risk factors that may inhibit your diving, such as your cardiac health or exercise tolerance.

GLP-1 agonists represent a powerful new class of medications with many benefits. However, their gastrointestinal side effects pose meaningful considerations for scuba divers.

As such, divers and clinicians should engage in thoughtful risk assessment, symptom monitoring and individualized planning to ensure safety and optimal performance underwater. 🚩

Bluegrass Dive Club Calendar

October 2026

08 Thursday Dive Club Meeting
24-31 Cozumel trip
29 Thursday E.C. Meeting

November 2026

12 Thursday Club Meeting (Elections)
26 Thursday E.C. Meeting

December 2026

11 Club Christmas party..Tenative

January 2027

28-31 Local Diving Road Trip- Manatees @
Crystal River Fl and Whale sharks and Manta
rays @ GA Aquaurium

February 2027

28-07 March Bonaire trip

June 2027

Possible Belize trip

2026 BGDC Officer's

Kathryn Bowers, President	859 619-0166
Butch Mellott, Vice President	859 621-5160
David Carr, Secretary	859 585-5105
Dan Miller, Treasurer	859 948-5133
Priscilla Mellott, Trip Director	859 553-0739
Bill McGrady, Safety Info Dir.	713 259-9701
Alex Fassas, Webmaster	859 582-1600
Scott Newby, Newsletter	859 559-5105

Trip Destination & Travel Dates	# Travelers & Rooms Reserved	# Registered On Trip	Room Release Date	Trip Page Cancel/Refund Date
Cozumel, Mexico, 24-31 Oct 2026	10 (orig. 24) travelers, 5 (orig. 12) rooms	9 travelers, 5 rooms. Opening for 1 female roommate.	10-Aug-26	31 Jul 2026, 0% Penalty,
Local Diving Road Trip, Manatees at Crystal River, FL & Journey With Gentle Giants - Dive at the Georgia Aquarium, 28 Jan - 31 Jan 2027	40 travelers for Manatees, 8 for GA dive at 11AM, option to add 4 more GA dive at 3PM.	1 traveler	29-Dec-26	12/29/2026, 0% Penalty
Bonaire, Van der Walk Plaza Beach Resort, 28 Feb - 7 Mar 2027	24 travelers, 12 rooms	COMING SOON	TBD	TBD
Belize, Ramones Village, Amgerris Cay, ?? June 2027	Trip Planning ongoing		fl	
Beqa Lagoon, Fiji, 1-10 June 2028, 7 nights at resort	36 18 rooms. 2-bedroom suites available.	30 travelers, 18 rooms. 2-bedroom suites available.	16-Nov-27	All deposits and final payments 100% Penalty